

SAVANNAH



COASTAL

GEORGIA

GREENWAY

**155 MILE
ULTRA RUN**



ST. MARY'S

Welcome to the Coastal Georgia Greenway 155 Mile Ultra (CGG 155)!

This run came to fruition in 2015 by a group of friends from Savannah, Ga that were fascinated by the aspect of an envisioned long corridor of trails and green space spanning the coast of Georgia from St. Mary's to Savannah, Ga. The visionary for the Coastal Georgia Greenway is Ms. Jo Claire Hickson. The CGG is part of the East Coast Greenway spanning the entire Atlantic Coast.

The course you will follow is as close to the East Coast Greenway as you can expect from Savannah to St. Mary's. It is approximately 156.22 miles. Most of the Greenway is asphalt, unfortunately. Roughly 20% is on actual trail - undeveloped and developed. You will spend the majority of your run on highway 17 and route 99, running on narrow to no shoulders on the roads. Many areas have sidewalks. Please use sidewalks as much as you can. And, always run against traffic! In other areas, traffic can be very heavy.

A few spots along the course warrant extra vigilance from runners and runner's crews.

Please be very careful and attentive as you run this race. Have your crew near you as much as possible and your phone charged.

The CGG goes through six Georgia counties: Camden, Glynn, McIntosh, Liberty, Bryan and Chatham. It spans nine municipalities: St. Mary's, Kingsland, Woodbine, Brunswick, Darien, Riceboro, Midway, Richmond Hill and Savannah.

East Coast



Greenway®



Mandatory Check-in aid stations

- **Mile marker 0:** Stairway to the Savannah River between the Westin Hotel and the Savannah International Trade Center on Hutchinson Island.
- **Checkpoint 1:** 29.79 miles, King's Ferry Boat ramp, 6820 Chief of Love rd, Savannah, Ga 31419.
- **Checkpoint 2:** 46.32 miles, Midway, Midway Congregational Church, 215 Martin rd, Midway, ga 31320
- **Checkpoint 3:** 62.2 miles, Smallest Church in America, Townsend, ga 31331
- **Checkpoint 4:** 87.68 miles, Spartina Grill, 103 Ft. King George Blvd, Darien, ga 31305
- **Checkpoint 5:** 104.58 miles, Harold Jennings Wellness Park, Brunswick, ga 31520
- **Checkpoint 6:** 132.59 miles, Satilla Waterfront Park, 1st Woodbine, ga 31569
- **Finish:** 156.22 miles, Howard Gilman Memorial, St Marys Welcome Center, 400 Osborne St, St Marys, GA 31558 (restroom available)



Approximate miles between checkpoints:

From 0 to chkpt1: there are 29.7 miles

From 1 to chkpt2: 16.5 miles

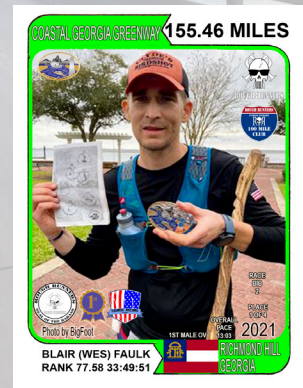
From 2 to chkpt3: 15.8 miles

From 3 to chkpt4: 25.4 miles

From 4 to chkpt5: 16.9 miles

From 5 to chkpt6: 28.01 miles

From 6 to finish: 23.7 miles 3





0 to 2.7 miles:

Follow Savannah Harbor pkwy to the Talmadge bridge and over it.



2.7 to 4.47 miles:

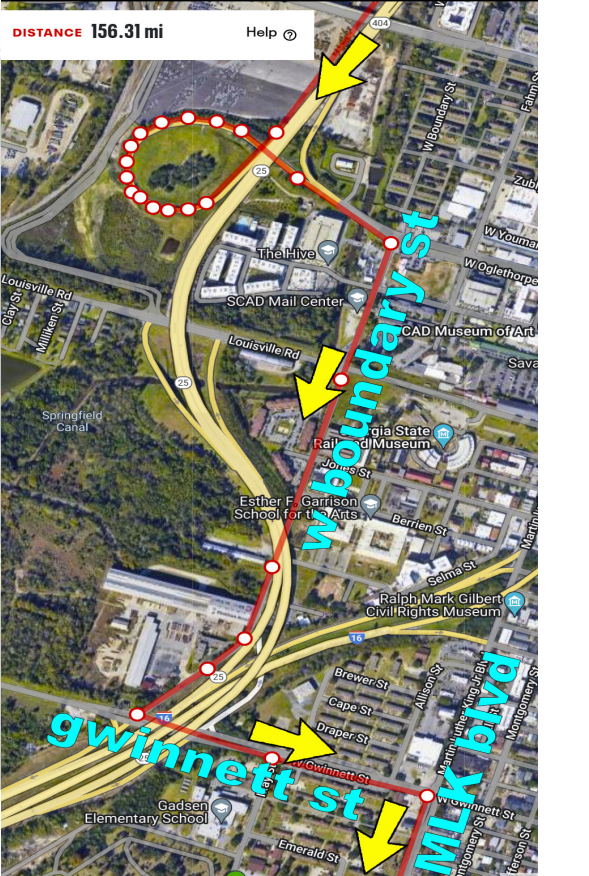
Exit Talmadge bridge onto Oglethorpe av.

Turn right onto W Boundary st.

Follow Boundary to Gwinnett st.

Turn left onto Gwinnett st.

Turn right onto MLK blvd.



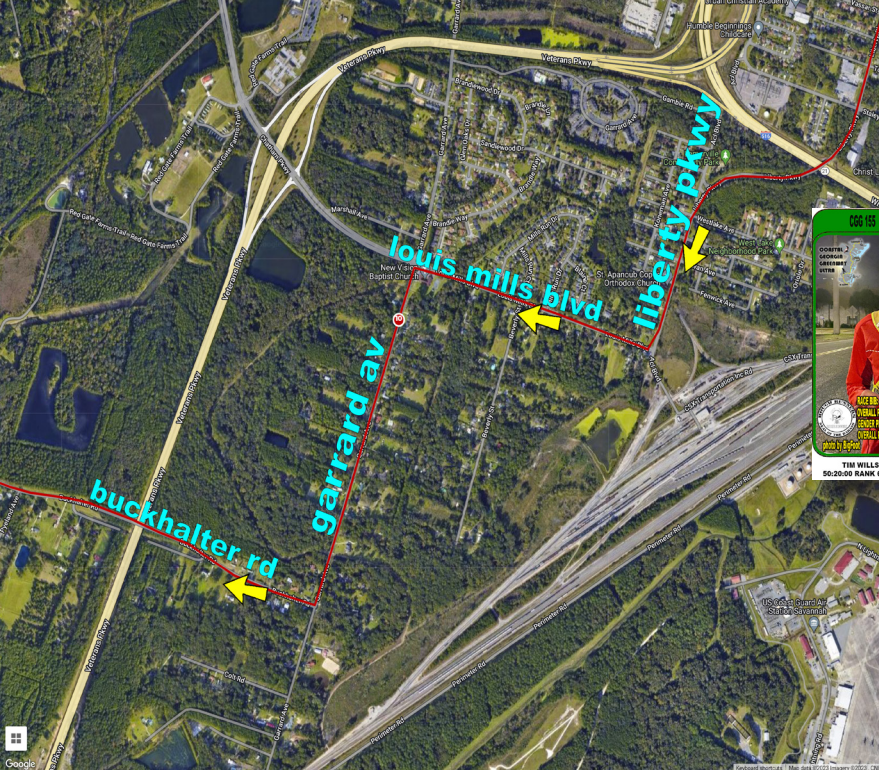


4.47 to 6.63 miles:
 Follow MLK Blvd.
 Turn right onto Exchange St
 Turn right onto W 52nd St | Mills B In



6.63 to 8.93
 miles
 Continue on W
 52nd.
 Turn left onto
 Liberty pkwy





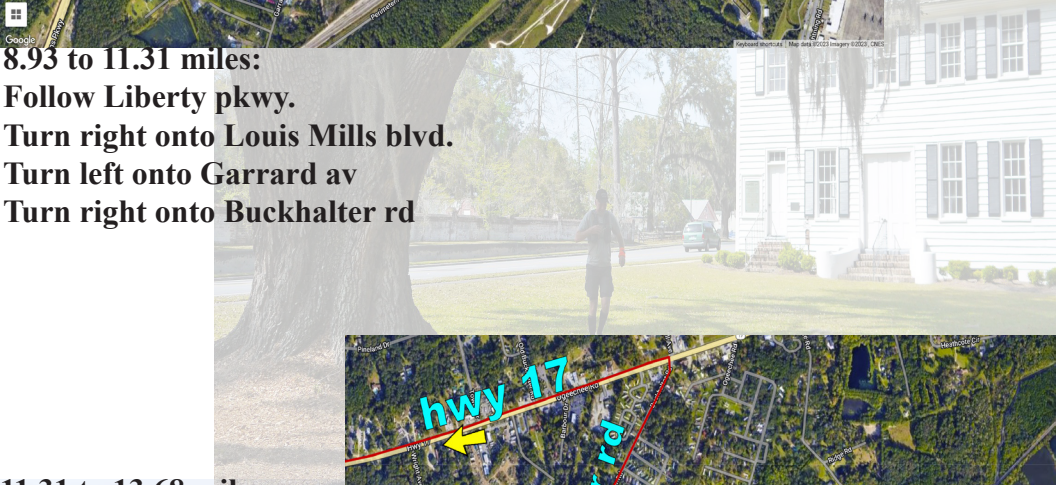
8.93 to 11.31 miles:

Follow Liberty pkwy.

Turn right onto Louis Mills blvd.

Turn left onto Garrard av

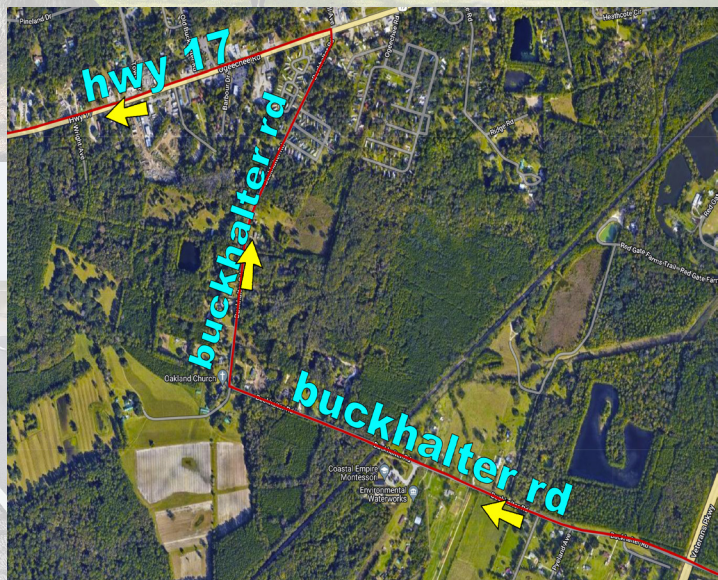
Turn right onto Buckhalter rd



11.31 to 13.68 miles:

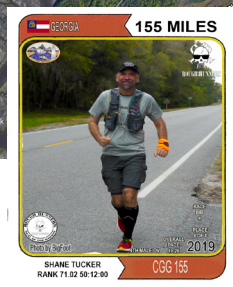
Follow Buckhalter rd as it turns abruptly to the right.

Turn left onto highway 17.

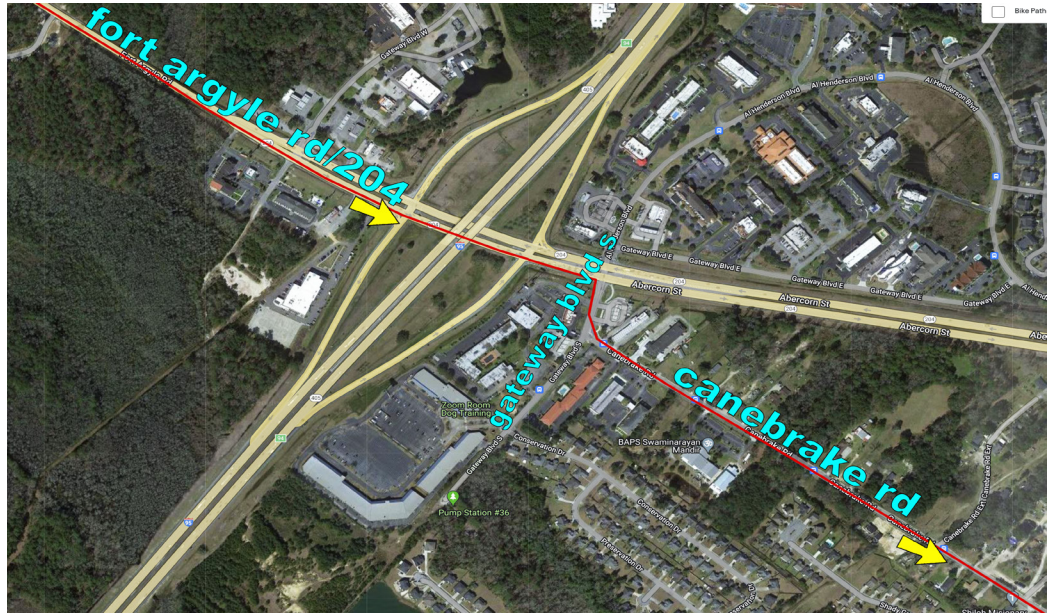




13.68 to 18.15 miles:
Follow hwy 17.
Turn right onto Little Neck rd



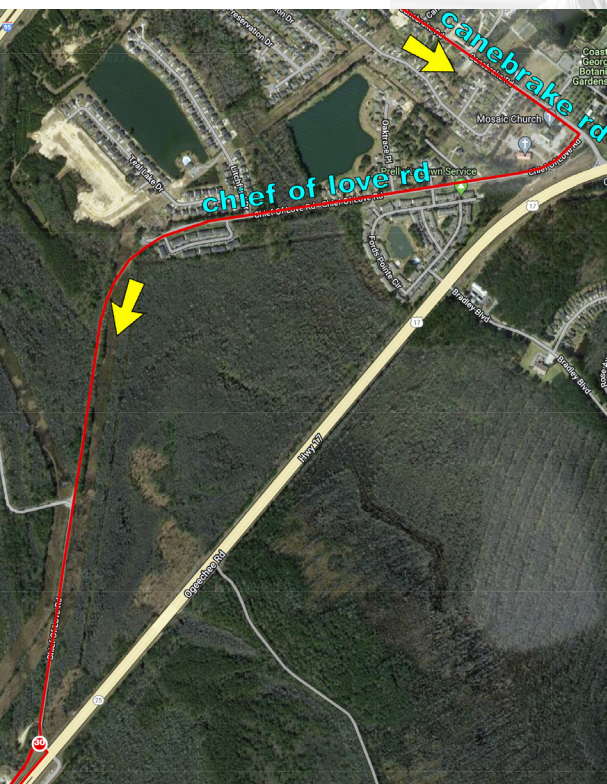
18.15 to 26.99 miles:
Follow Little Neck road.
Turn left onto Bush rd.
Turn left onto Fort Argyle rd



26.99 to 27.5 miles:
Follow Fort Argyle rd| 204.
Turn right onto Gateway blvd S.
Turn left onto Canebrake rd.



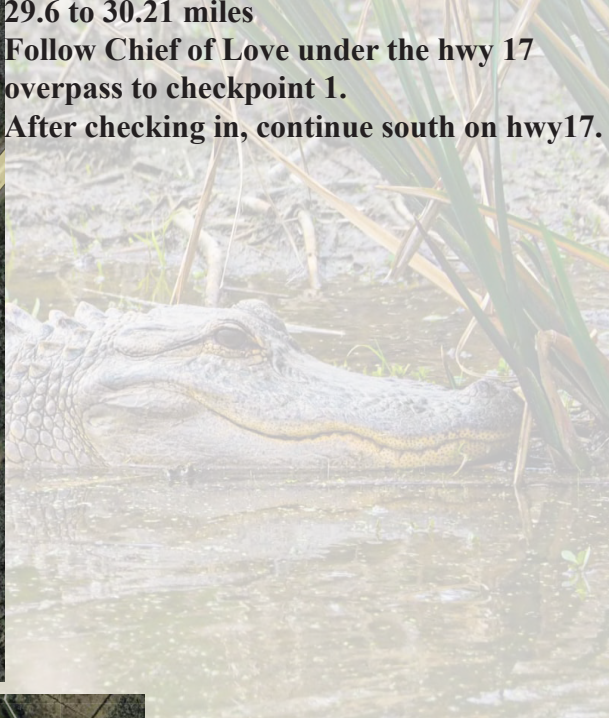
27.5 to 29.6 miles:
Follow Canebrake rd.
Turn right onto Chief of Love rd.



29.6 to 30.21 miles

Follow Chief of Love under the hwy 17 overpass to checkpoint 1.

After checking in, continue south on hwy17.



30.21 to 34.26 miles:

Follow hwy 17.

Turn left onto Mulberry dr.

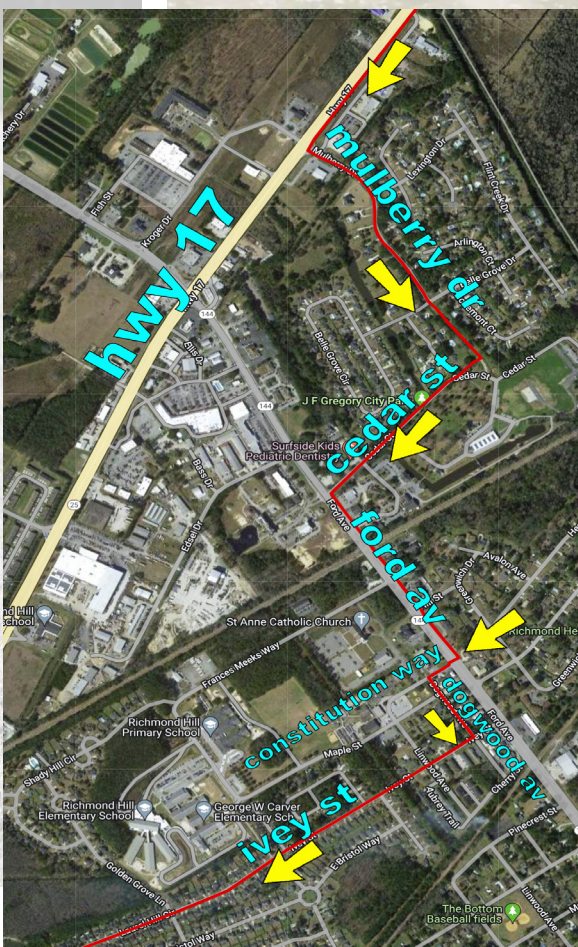
At the end of Mulberry dr continue down unpaved path to Cedar st into JF Gregory park.

Turn left onto Ford av.

Turn right onto Constitution Way.

Turn left onto Dogwood av.

Turn right onto Ivey st.





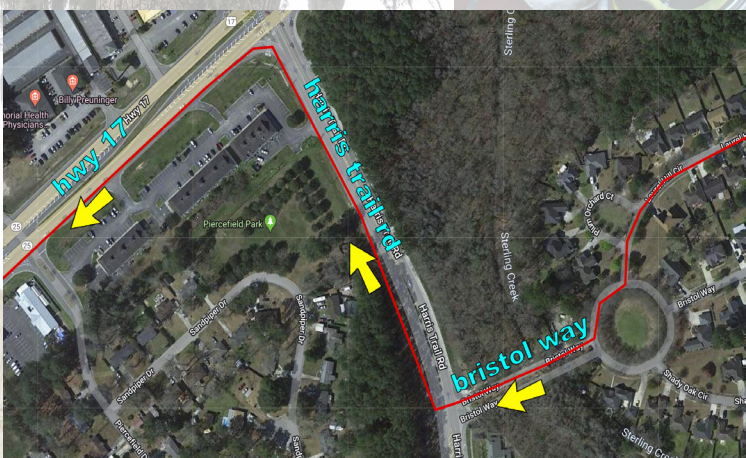
34.26 to 35.86 miles

Follow Ivey st as it becomes Laurel hill cir.

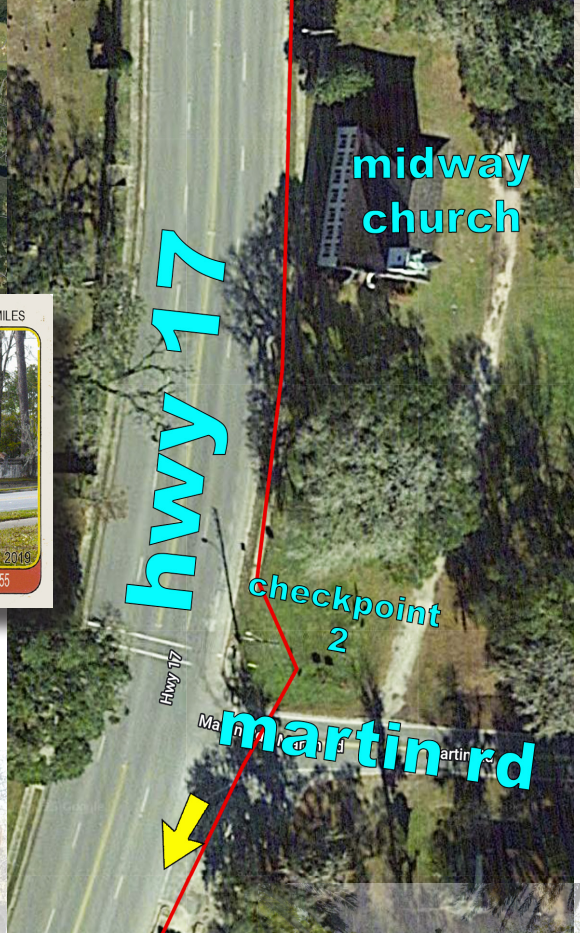
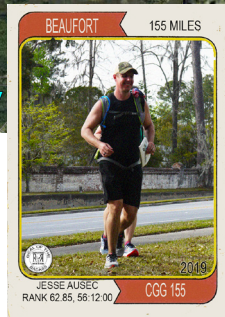
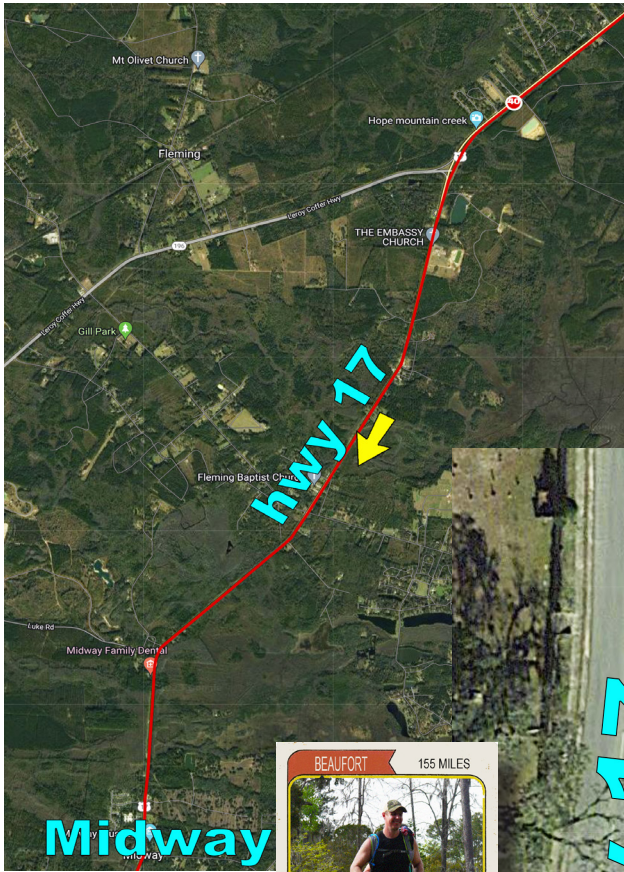
Turn right onto Bristol Way.

Turn right onto Harris Trail rd.

Turn left onto hwy 17.

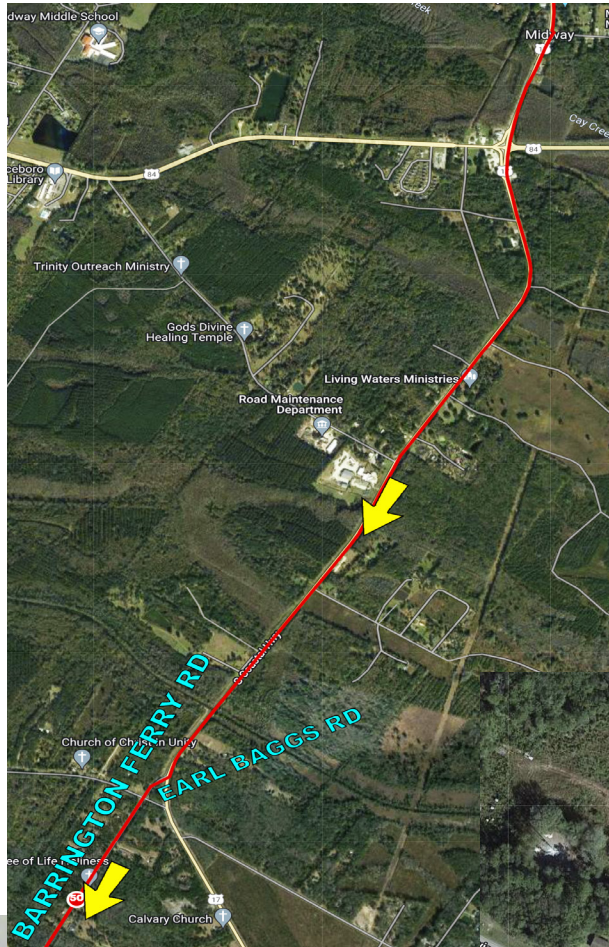


35.86 to 46.26 miles:
Continue south on hwy 17.



46.26 miles:
Turn left onto Martin rd.
Check in to checkpoint 2 in the
grassy area in front of Midway
Church.
Continue south on hwy 17 after
checkpoint 2.



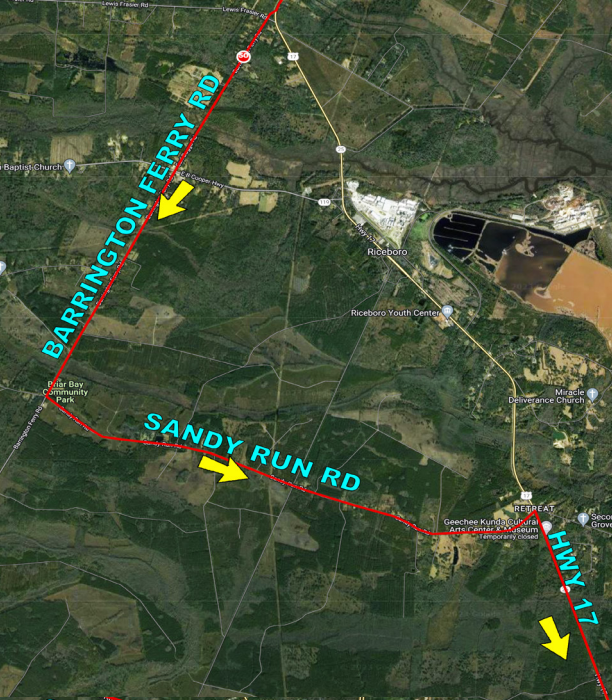


46.26 to 49.12 miles:
Continue on hwy 17.
Veer onto Earl Baggs rd.
Road becomes Barrington
Ferry rd. Follow it.



close up of hwy 17 and Barrington Ferry rd.





49.12 to 58.07 miles:

Follow Barrington Ferry rd.
Turn left onto Sandy Run rd.
Turn right onto hwy 17.



58.07 to 62.09

Continue on hwy 17.

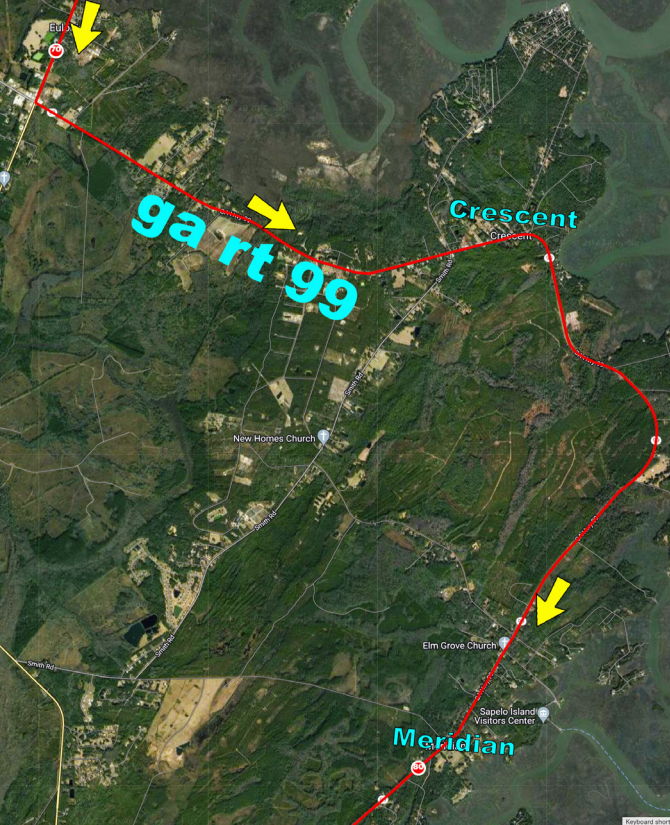
Turn left to the Smallest Church in America for checkpoint 3.

After checking in, continue south on hwy 17.

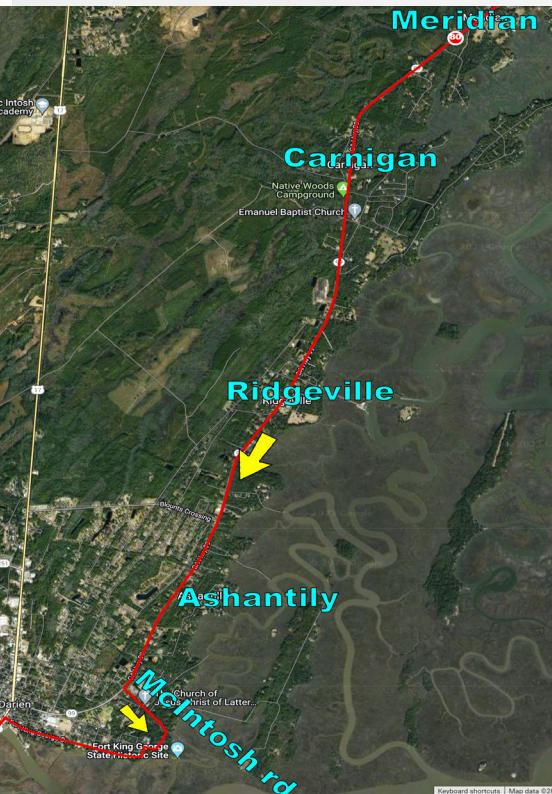
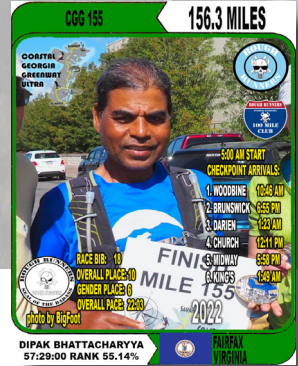
close up of smallest church checkpoint 3.

62.1 MILE MARK: Smallest Church.





62.09 to 79.52 miles:
Continue on hwy 17.
Turn left onto Georgia
route 99.



79.52 to 85.79 miles:
Continue on Ga rt 99 passed
Meridian, Carnigan, Ridgeville,
Ashantily.
Turn left onto McIntosh rd.



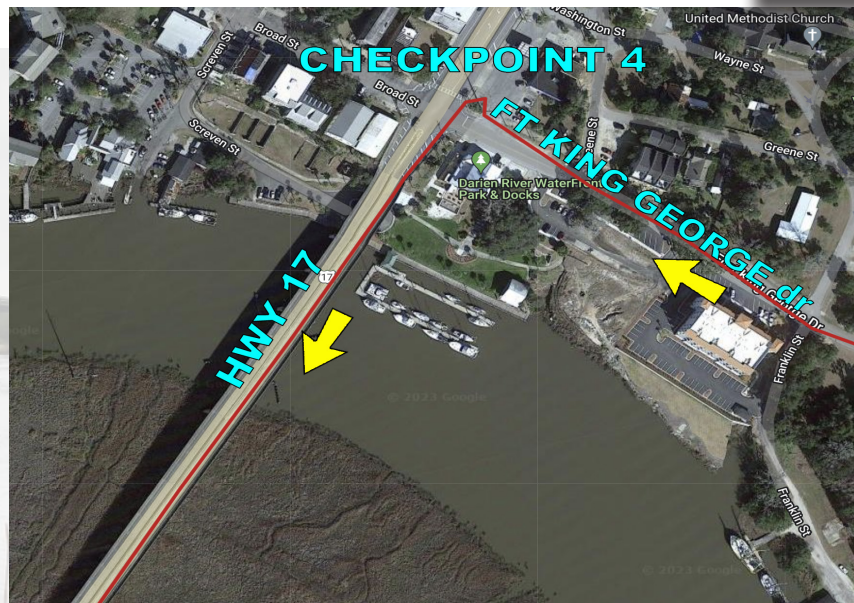


86.36 to 86.86 miles:

Continue on McIntosh road.

Turn left ont 2nd st E.

Turn right onto Fort King George dr.



86.86 to 87.83 miles:

Follow Fort King George dr to checkpoint 4 on the corner of hwy 17 and FT. King George dr.

Checkpoint 4 is at 87.59 miles.

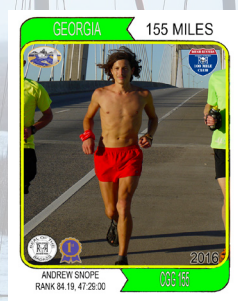
After leaving checkpoint 4 turn left onto hwy 17.

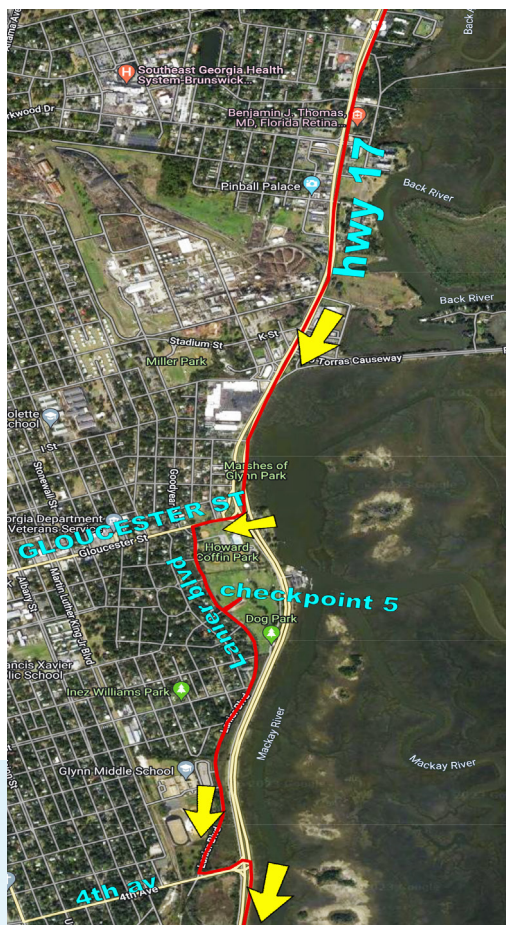


**87.83 to 94.09 miles:
continue south on hwy 17**



**94.09 to 100.89 miles:
Continue south on hwy 17 into
Brunswick, giving yourself a pat on
the back as you cross the 100 mile
threshold.
Continue on...**





100.89 to 105.82 miles:

Continue south on hwy 17.

Turn right onto Gloucester st.

Turn left onto Lanier blvd.

Turn left into the Harold Jennings Wellness Park, across from Ash st.

Checkpoint 5 is at 104.56 miles.

After checking in to checkpoint 5, exit the park, heading south on Lanier blvd.

Turn left onto 4th.

Turn right onto hwy 17, toward the Sydney Lanier bridge

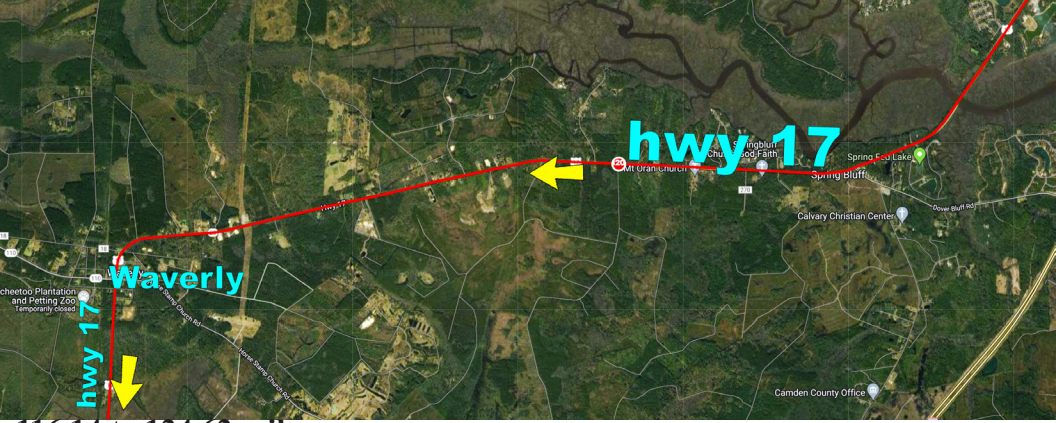


105.82 to 111.89 miles:
Continue on hwy 17.



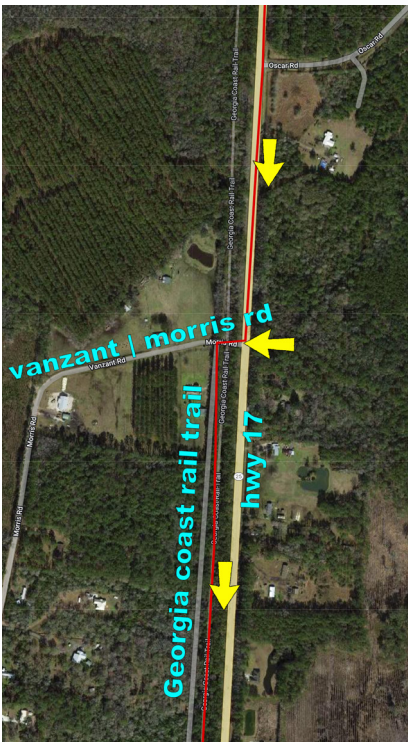
111.89 to 116.14 miles:
Follow hwy 17 as it curves southward.





116.14 to 124.62 miles:

Continue on hwy 17.



126.03 to 127.03 miles:

Continue on hwy 17.

Turn right onto

Vanzant|Morris rd.

Turn left onto the Georgia Coast Rail Trail.

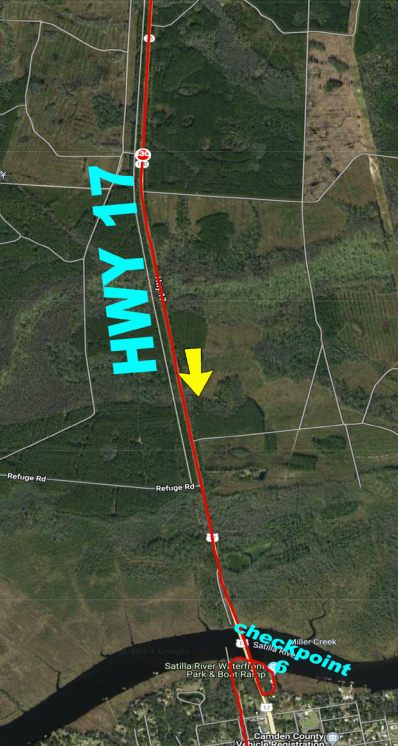


127.03 to 128.8 miles:

Exit the GCR trail on Chaney rd.

Turn left onto Chaney rd.

Turn right onto hwy 17.



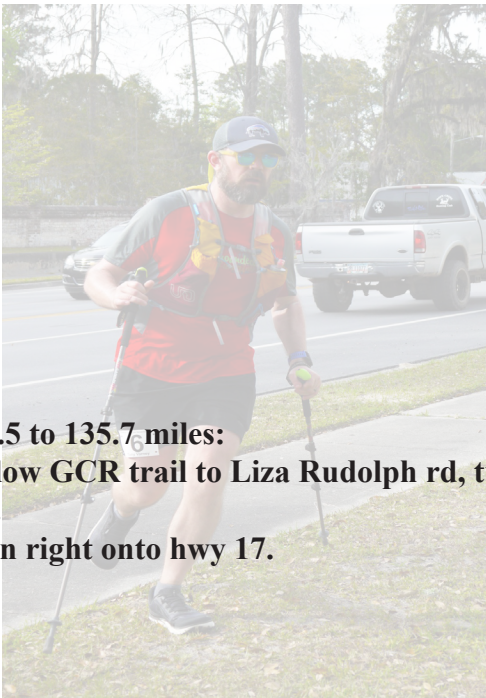
129.4 to 133

Follow hwy 17.

Cross over the Satilla River
and turn left onto E 1st st.



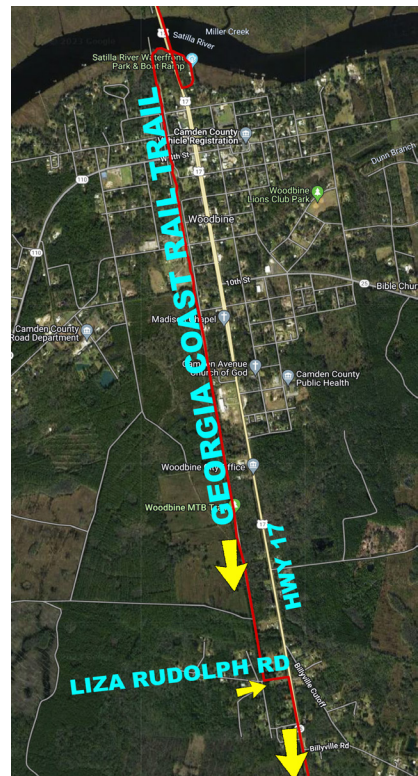
Checkpoint 6 is at approximate mile
marker 132.5 miles. After checking
in follow boardwalk under bridge
and onto the GCR trail

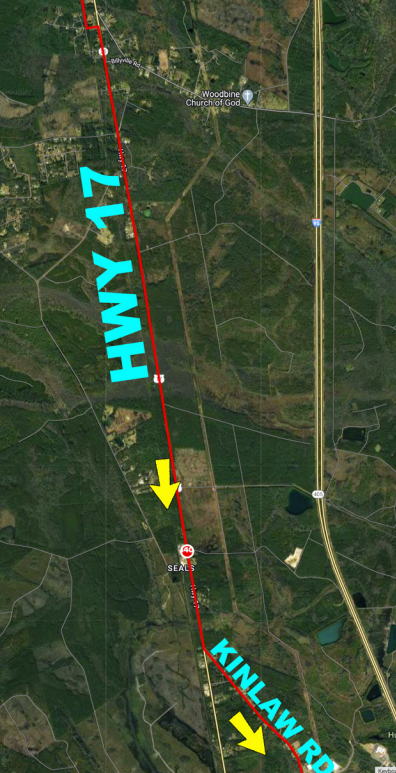


132.5 to 135.7 miles:

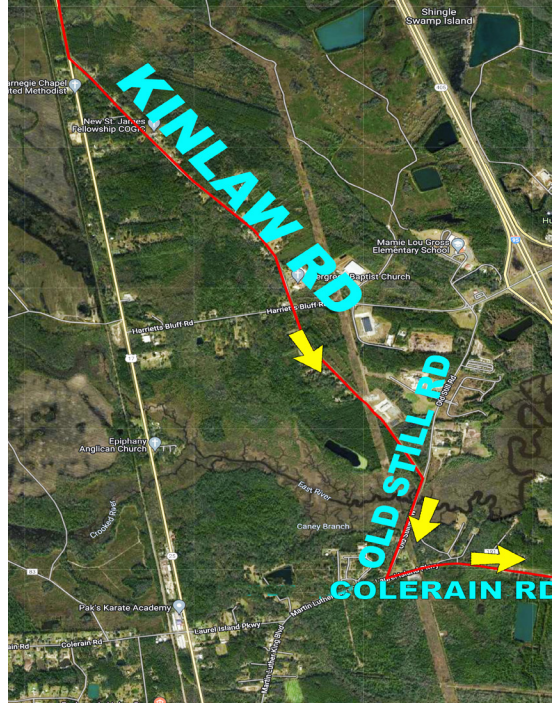
Follow GCR trail to Liza Rudolph rd, turn
left.

Turn right onto hwy 17.

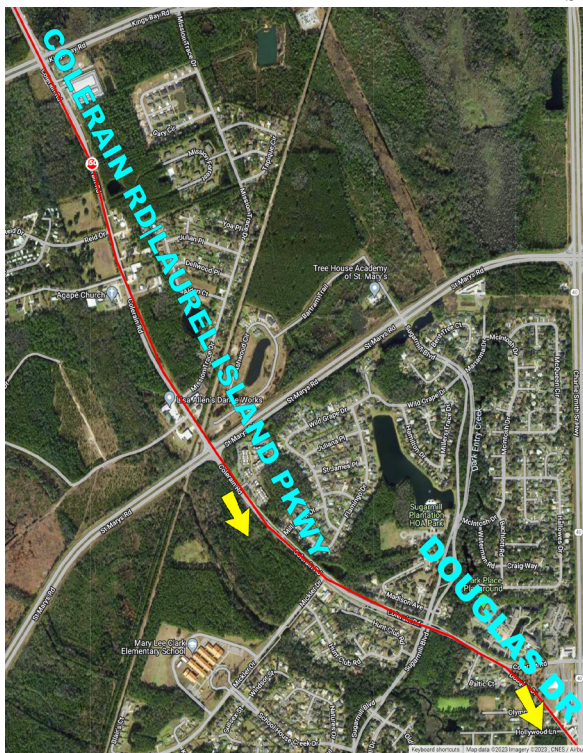




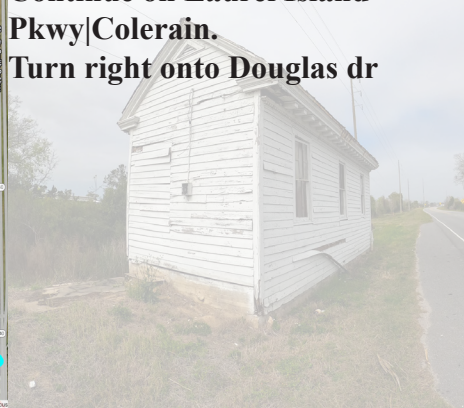
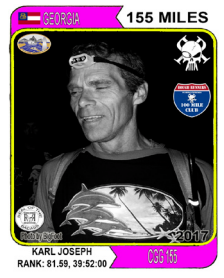
135.7 to 141.45 miles:
Continue on hwy 17.
Turn left onto Kinlaw rd



141 to 144 miles
Follow Kinlaw rd.
Turn right onto Old Still rd.
Turn left onto MLK blvd|Laurel
Island pkwy

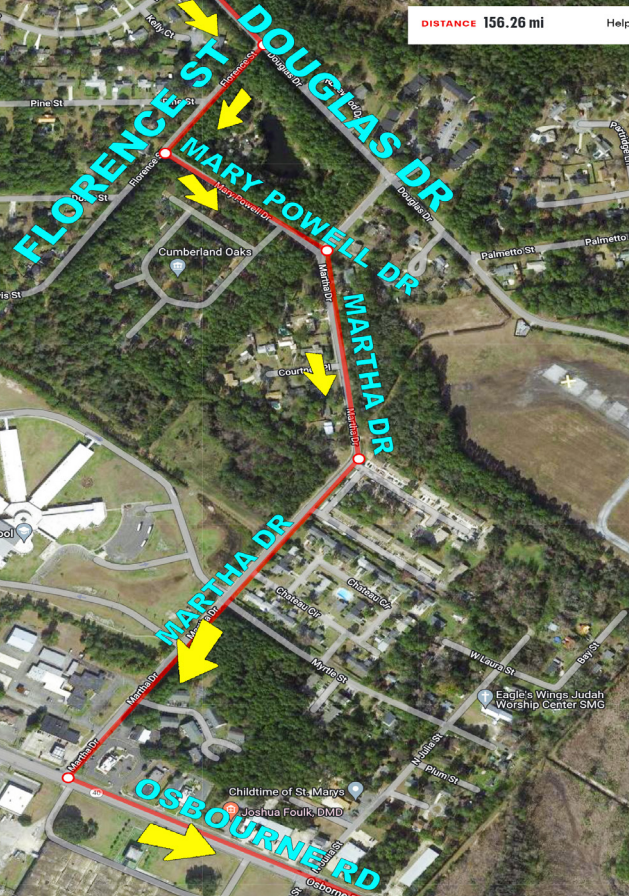


149.5 to 151 miles:
Continue on Laurel Island
Pkwy|Colerain.
Turn right onto Douglas dr



151 to 154.3

Continue on Douglas dr.
Turn right onto Florence st.
Turn left onto Mary Powell dr.
Turn right onto Martha dr.
Turn left onto Osbourne rd.



To Finish!
Follow Osbourne rd.
Turn right onto St. Mary's st.
Run inside of the Howard Gilman Waterfront Park for the finish at the field in front of the amphitheatre.
Congratulations!

Rules:

- For any life threatening emergency please call 911.
- Runner or runner's crew chief must check in every six hours by text message or phone call.
- Runners must check in at every mandatory checkpoint.
- Provide race personnel your phone number and crew phone numbers.
- If you plan to take a break and spend the night during the duration of the race you must reach any of the mandatory checkpoints and inform us that you are leaving the course. You may then board a car and leave the course. Also, let us know when you plan to return so that we may have someone at that checkpoint upon your return to the race. When you return to the race you must return to the aid station you last checked in at.
- At any point during the race feel free to contact race personnel if you have any questions/problems/concerns.
- If you plan to quit the race notify race personnel before doing so.
- Do not obstruct traffic! Your crew must park well off the road when supporting you. Please be mindful and respectful of private property.
- Do not litter.
- Run against traffic or on the sidewalk as much as you can.
- You must wear a reflective vest and, headlamp or other light device a half hour before dusk and continue to do so until a half hour after sunrise.
- Have this booklet with you at every checkpoint!



Important contact information:

Race contacts:

Dan Hernandez, 912.777.9147

Jason Edenfield, 912.312.9151

Kerry Dulina, 678.416.1933

Mark Budden, 828.506.2192

**To write our own destiny
we become what we do.**



COASTAL GEORGIA ROUGH RUNNERS

David Sullivan 2022, 33:20:52
 Blair "Wes" Faulk 2021, 33:49:51
 Chris Varnadoe 2020, 34:07
 Steve Barber 2018, 34:41:54
 Joe Fejes 2019, 37:45
 Nathan Dewey 2019, 39:15
 Karl Joseph 2017, 39:52
 Ariela Flory 2022, 40:51:00
 Daniel Flory 2022, 40:51:00
 John Durant 2017, 43:30
 Karl Joseph 2015, 44:00
 John Durant 2015, 44:00
 Sandra Garrett 2020, 44:58
 Bren Tompkins 2019, 45:20:00
 Carrie O'Bryan 2022, 45:20:00
 Catherine Weimer 2018, 46:05:11
 Andrew Snope 2016, 47:29
 Lauren Cortjens 2021, 49:32:05
 Jim Winn 2022, 49:50:00
 Shane Tucker 2019, 50:12
 Tim Wills 2022, 50:20:00
 Wendy Murray 2022, 56:06:00
 Alberto Vargas 2022, 56:06:00
 Paige Ausec 2019, 56:12
 Jesse Ausec 2019, 56:12
 Meghan Curley 2022, 57:09:00
 Dipak Bhattacharyya 2022 57:29:00
 Tony Varney 2019, 57:44
 Mark Budden 2022, 57:48:00
 Mark Budden 2021, 58:49:40
 Margaret Seymour 2019, 59:09



**“Never limit where running can take you. I mean that geographically,
 spiritually and, of course, physically”**

Bart Yasso